

LENARDS OF COVENT GARDEN MARKET REPORT

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As you may be aware, since the Brexit Vote the pound against the euro has decreased dramatically. Coupled with the bad weather in the recent week, the price of European Produce has increased significantly. This includes

- Aubergines
- Broccoli
- Courgettes
- Cauliflowers
- Cucumbers.

That aside we have plenty of home grown vegetables that are readily available at a much better price.

On the Cabbage front there is a lovely variety available;

Cavelo Nero
Spring Green
Hispi
Curly Kale – Green
Curly Kale – Variegated
Curly Kale – Red
Savoy.

Purple Sprouting is around but expensive. The cheaper alternative is Tender Stem.

ENGLISH ROOT VEG

Root veg is all at its best at the moment, both price and quality. The produce available is –

Parsnips
Turnips
Swede
Celeriac.

Red Chicory has finally come down in price!

Mixed Leaves

Baby Spinach
Baby Red Chard
Red Mustard
Bulls Blood
Mizzuna

Are now all Spanish, as unfortunately the English Season has come to an end.

French Jerusalem artichokes are back in season but be aware that the Globe Artichokes are very expensive.

Chestnuts are now in full swing, both in husk or prepared in vac pac bags.

Cranberries are available, either fresh in 200g punnets or frozen in 1kg bags.

There has been reports in the paper that Brussel Sprouts will be short this year, but if memory serves us correctly they said this last year. As far as we are concerned Brussel Sprouts are plentiful, along with Brussel Tops!

Spanish Clementines are now in season, and in our opinion the best we have seen in years!

All English Berries have come to an end and currently available is:

- Blackberries from Holland, but they are pricey!
- Blueberries from Peru
- Raspberries from Spain
- Strawberries from Holland, and the price is finally coming down!

First of the Cape Peaches and Nectarines have arrived, with Plums and Apricots to follow shortly. The Peaches this year are large and very flavoursome.

If you have any queries about Christmas decorations that you need please let us know there is a wide variety available from Trees to Mistletoe. Give us a call and we can talk more about products and prices.